

YOU CONTROL THE CAN.

The can doesn't control you.

The Nebraska Tobacco Quitline has your back.

- Set your chew quit date.
- Switch up your routine a bit to avoid triggers.
- Call the Quitline any time, 24/7, for useful tips.

Tackle your quit today. *You can do this!*

For a how-to checklist, go to
QuitNow.ne.gov/chew

To speak with an expert, call
1-800-QUIT-NOW
(784-8669)

NEBRASKA
TOBACCO
QUITLINE